

Positive Alternatives 2017 - 18 Quarterly Update

Grantee (Name and city): New Beginnings Family Services, Red Wing

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Goal: To provide necessary services and referrals to pregnant and parenting women of Goodhue county and surrounding rural areas.

For the period/quarter: July – Sept. 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Provide guidance to grant staff. Attend required grant meetings. Hire new Client Advocate.		Guidance to grant staff is ongoing. We continue to discuss the effectiveness of our EWYL program and solicit information and feedback from our clients on a regular bases. We continue to hear positive feedback regarding the improvements to our space, the toys we have available to children and our store, as well as what we stock.	
Outreach	Community promotion of Positive Alternative programming Produce a series of social media ads in efforts to increase our capacity.		The evaluation project for this year has been promoted widely via social media, various community organizations who serve a shared target market and word of mouth from existing clients.	
Car Seat Program	Provide car seat education and car seat installation guidelines.	1	We have been able to form a stronger relationship with Public Health, and have worked out an improved system with their Director who is the certified car seat installer for our area. It is wonderful that she is willing to meet with our clients are our facility to go over all the installation details, per her training after they have watched the resources we have here.	3

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Crib Distribution/ Sleep Safety Education	Provide education on sleep safety and instruction on properly using cribs safely.	7	Provided education on sleep safety and instruction on properly using cribs safely. Many of our clients this quarter were in transitional housing situations, so the pack 'n play systems are such a great option for these clients.	10
Life-Skills Education Program	Provide education on financial planning and money management, meal planning, securing safe housing, and establishing healthy relationships	5	We have seen an increase in requests for programs on financial planning and money management. This is always so encouraging to have clients working to improve their circumstances.	10
Nutrition	Provide education on early prenatal care, use of folic acid, good nutrition, exercise, etc.	5	Several of our recently post-partum clients have expressed interest in learning how to shed the baby weight. This has led to focusing on nutrition and exercise.	8
Parenting Education	Provide education on infant care, discipline, happy baby, child care resources, etc	35	Clients continue to rave about the Love & Logic curriculum we purchased during the first year of the grant. It's been fun hearing their application of the techniques shared.	10
Pregnancy Education	Provide education on childbirth education, smoking cessation, reducing/ eliminating alcohol and drug use.	18	Clients have shared a real lack of knowledge of fetal development. Many were not obtaining prenatal care prior to coming to our center. We have been able to use the information shared in the classes to encourage them to seek care!	8
Provide Necessary Services to all clients	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals.	27	Provided clients with information, referrals and assistance with securing pregnancy support services. We continue to find our younger clients are not as savvy working with other organizations and agencies. We have been working to create stronger relationships with those other organizations so it is easier to direct them to a direct contact.	15

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Provide Necessary Services Assessments Only	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals.	34	Provided clients with information, referrals and assistance with securing pregnancy support services. We continue to see clients who need pregnancy verifications to apply for MA. We have seen an increase in the number of clients who are coming from transitional housing situation and are not residing in our community for extended periods of time. We have made a point to make them aware of other centers throughout the state who might be able to offer similar services should they find themselves in their area.	0

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	2
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	0
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	8
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	10
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	2
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	5

Challenges:

I feel there is a touch of compassion fatigue going around with our staff and volunteers. It is pretty hard to all together avoid in this line of work, but we are taking appropriate measures to keep it to a minimum. Having intentional discussions around self-care and ways to increase resiliency have been a part of keeping it under control. We will be going on a staff retreat in November which I think will be very helpful as well. I am making a point to be direct about it when symptoms start to surface. My hope would be by doing so, no one will get to the point where the effects cause long term damages.

Comments:

I am encouraged by the positive comments I hear from the clients regarding the quality of the educational materials they are using. We have really elevated the curriculum we have to offer and it's making a positive difference with our clients. I have more confidence when I'm speaking out in the community about the services we provide and the materials we use. Additionally, new clients are usually very surprised by the amount of material resources we have available to them. It's wonderful to be able to help meet those needs. That is also something that enhances the image of our center in the eyes of other community organizations.